

Security cam footage of "the competition" taking the SUPERSTRUCTURE™ from the Hyundai display at the Auto Show. Follow the clues at www.HyundaiSuperSearch.com for the chance to win a \$20,000 reward.

Hallifax Monday, February 22, 2016

SUPER HEIST!

The SUPERSTRUCTURE™, the advanced frame found in the all-new 2017 Hyundai Elantra, was on display at the Canadian International AutoShow and went missing on Saturday, February 13th, sometime between 1:30am and 2am.

The discovery was made by Hyundai Auto Canada Corp. President and CEO, Don Romano. "I was doing my usual walk around the Hyundai booth to start the day off and I was shocked to see our revolutionary SUPERSTRUCTURE™ was just... gone," he said.

Shortly after the discovery, Hyundai Canada received a ransom video (pictured below) featuring three representatives from the company's competition. In the video,

ha en Hy Dia Ha im in fir to se Hy

A screen capture taken from the ransom video received by Hyundai Canada President and CEO, with three representatives from the company's competition claiming responsibility for the heist.

which Hyundai officials posted online at www. HyundaiSuperSearch.com, "the competition" claims responsibility, brags about their heist, and announces plans to reverse engineer the SUPERSTRUCTURE™ and the Advanced High Strength Steel with which it's made.

When it was confirmed the SUPERSTRUCTURE™ had in fact been taken by the competition, Hyundai Canada Marketing Director, Lawrence Hamilton, and his team, immediately began asking for people to help find it by registering to become part of the search team at www. HyundaiSuperSearch.com.

For taking part in the search, Canadian residents will have the chance to be rewarded with a \$20,000 grand prize or 1 of 4 weekly rewards of \$2,500. As more clues are discovered, Hyundai

gation," said Hamilton as he was putting up posters at the Auto Show. "Simply put, our competition has stolen our SUPERSTRUCTURE™ and we need everyone's help. All you have to do is

INSSING.

Canada will release details on the website as well as on its Facebook, Twitter and Instagram pages.

"By simply signing up, you can submit answers to clues that are uncovered throughout the investi-

follow the clues and help us find it for a chance to win."

Thanks to the SUPERSTRUCTURE™, the all-new 2017 Elantra is threatening to set a new benchmark for ride com-

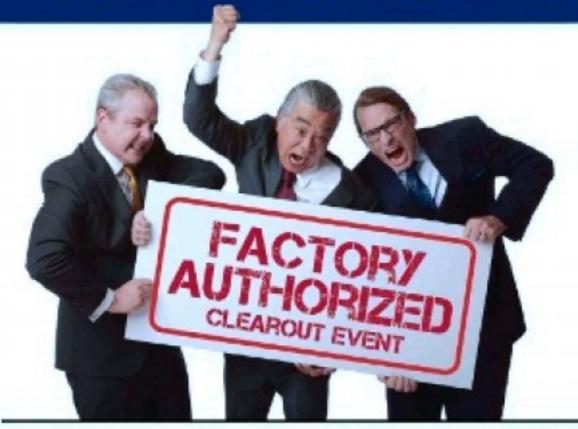
fort, precise handling, and enhanced safety.

"If we can get Canadian residents to help us search for our SUPERSTRUCTURE™, I have no doubt it will be recovered before our competition can learn our secrets," concluded Romano.

For more on this story, refer to the back of the paper...



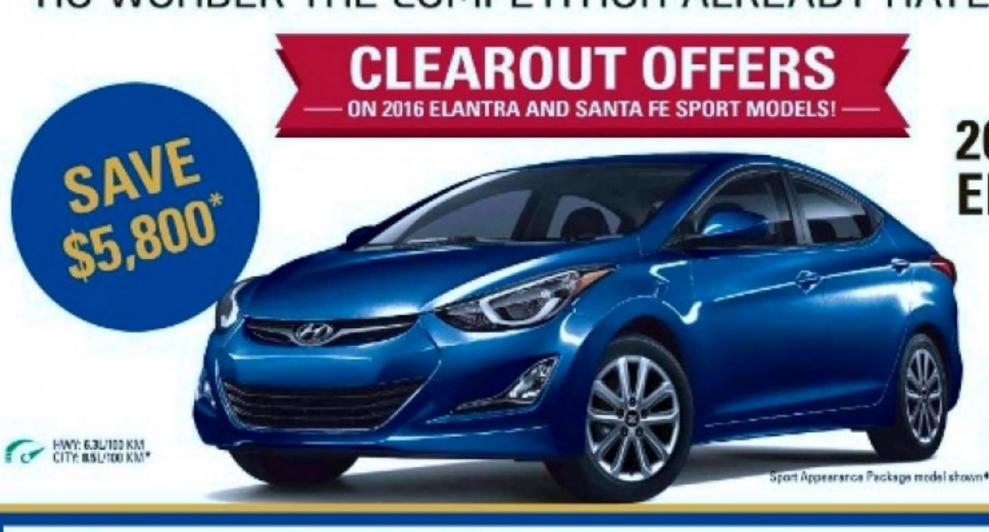
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DEBATE

Newest Dartmouth councillor waiting for facts to decide on Halifax logos



Zane Woodford Metro | Halifax

The municipality's newest councillor said he is waiting for the facts before deciding whether he thinks the Halifax logo should be taken off signs in Dartmouth.

A motion coming forward at Halifax regional council's meeting on Tuesday will ask for a staff report on removing "the Halifax logo and brand from all community signs, landmarks and flagpoles" in the Harbour East Marine Drive communities, which include Dartmouth, Cole Harbour and Eastern Passage.

Dartmouth Coun. Tony Mancini, who won a byelection last month, said Sunday he'll wait for that report before taking a side on the debate.

"There is a group that's concerned about losing identity," Mancini said Sunday. "I think community identity is extremely important, but I think we really need to have all the information in front of us."

He said he's heard concerns from residents about the look of the Halifax logo, the costs associated with it and some people who feel amalgamation was "shoved down their throat."

The motion comes from the Harbour East Marine Drive Community council meeting earlier this month, where the five councillors on the community council - Mancini, Coun. Gloria McCluskey, Coun. David Hendsbee, Coun. Bill Karsten and Coun. Lorelei Nicoll — voted in favour of McCluskey's motion to bring it to regional council.

Mancini said those councillors want to find out how much it would cost to remove the logo from signs in Dartmouth.

"That's why this motion is coming forward, as opposed to having a motion forward to remove it," he said. "I think it would be too premature to have that discussion."

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Your essential daily news

Duelling politicians divide Britain on question of EU referendum

Professors upset ahead of dentist school update

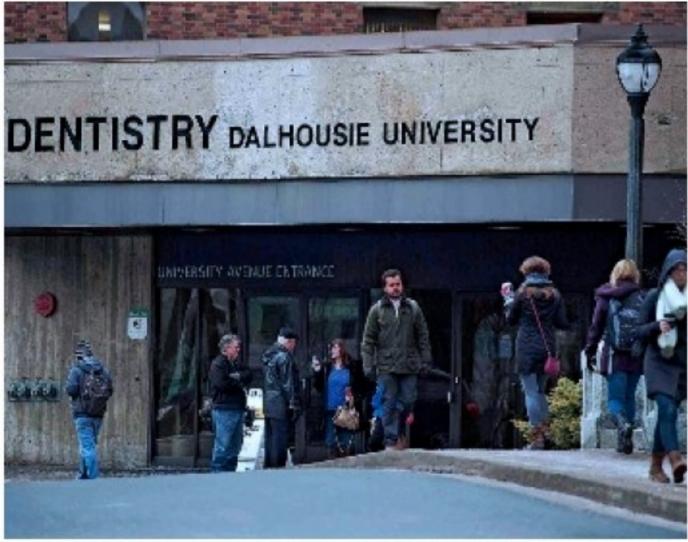
DALHOUSIE UNIVERSITY

Senate in the dark about the tone of today's meeting

A Dalhousie University senator says a lack of information received ahead of a presentation Monday from the Dentistry school stifles the chance of meaningful conversation about whether there has been progress in addressing misogyny and sexism.

Members of the Dentistry school in Halifax, which was rocked by a scandal early last year that saw 13 fourth-year male dentistry students suspended for being members of a Facebook page that contained sexually violent content about their female classmates, were scheduled to make a 20-minute presentation at a senate meeting.

But senator and professor Francoise Baylis said it's not clear what exactly the presentation will address. She said senators did not receive any material to review prior to the meeting, noting they had more



The Dalhousie University Dentistry school has not responded to requests for documentation from the university senate regarding any progress made in addressing incidents of misogyny and sexism by male students toward females in their class through a Facebook page. JEFF HARPER/METRO

than 500 pages of documents to review for other items on

Monday's agenda.

"My own view is that it's disrespectful not to provide us with supporting documentation so we can be prepared to have a meaningful conversation," said Baylis in a recent phone interview, adding she and others had requested the

material but never received it. "In the context of a very charged agenda, a very full agenda with lots of important stuff, I don't understand why you would take up your time to present something to us, reducing the time available to us to ask questions and engage. I'm frustrated by that."

Baylis said it's also not clear whether the presentation will be addressing the 39 recommendations outlined in a university-commissioned independent report on misogyny, sexism and homophobia at the Dentistry school, or an internal report written by Dalhousie faculty members based on the restorative justice experience of 29 dentistry students.

"When you combine the two documents together, you've got over 170 pages. I don't know what of those 170 pages has been cherry picked as the recommendations that they're going to respond to," said Baylis.

Brian Noble, a Dalhousie senator and professor in the Sociology and Anthropology Department, echoed Baylis' concerns, saying it points to "a pattern of limiting information" in the roughly nine months since the independent and external reports were released.

"I'm really kind of flummoxed," said Noble.

In an email statement, Dalhousie spokesman Brian Leadbetter said the Dentistry school will "provide a update on progress made in enhancing communication, curriculum renewal, community outreach initiatives, reducing isolation and current accreditation processes within the faculty."

Victim shot in the face



Zane Woodford Metro Halifax

Police are investigating after finding a man in Dartmouth who was shot in the face.

Halifax Regional Police say they were called to 15 Kennedy Dr. around 11 p.m. Saturday in relation to the shooting.

The 35-year-old victim had been shot in the cheek and was taken to hospital by paramedics with injuries that aren't believed to be life-threatening.

In an interview Sunday, a police spokesperson said investigators have yet to identify any suspects in the case, and they're still trying to figure out exactly what happened.



CROSSWALKS

Five minutes separates two car-pedestrian collisions

Two pedestrians were hit by cars within five minutes of each other in Halifax Saturday night. Halifax police say at about 6:20 p.m., a 19-year-old woman crossing South Street in a crosswalk was hit by a car turning off of Queen Street. Then about five minutes later, a vehicle turning left onto Cogswell Street from Brunswick Street hit a 57-year-old woman in a crosswalk. Both drivers were ticketed for failing to yield to a pedestrian in a crosswalk. METRO



In order for us to make decisions and be accountable as a governing body, you have to have information. Brian Noble

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Personality Dimensions February 26

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Actor John Dunsworth and filmmaker Caley MacLennan speak outside the Atlantic Filmmakers Cooperative in Halifax on Saturday. REBECCA DINGWELL/FOR METRO

A show with a ghost of a chance

ENTERTAINMENT

N.S.-set series follows the adventures of fishing town



Rebecca Dingwell For Metro | Halifax

Caley MacLennan describes his upcoming web series as "a hyper-realistic story with a ghost."

The series, titled Nichols and Dimez, tells the story of a small fishing town in Nova Scotia called Skag Harbour. When local boat repairman - and drug dealer — Big Mike dies unexpectedly, his longtime friend John Nichols is left to take care of the business as well as Big Mike's son, Mike "Dimez" Junior.

"He has to go from being under the safety of Big Mike's constant micro-managing to now having to run the whole thing himself," MacLennan explained Saturday.

"I think the story really boils down to a man, for the first time, being given the keys to his own future."

The plot thickens when Big Mike returns - appearing to Nichols as a ghost.

John Dunsworth, well known for his role on Trailer Park Boys, is playing the part of Nichols.

"It's so much nicer to play a character than to play a caricature," said Dunsworth. "I like realism."

MacLennan added, "The show is really driven by (Nichols') character arc."



Despite having serious moments, Caley MacLennan said the heart of the series is that of a "classic comedy show."

"Even though there are these deeper themes to it, I hope that it still comes off funnier and easier to swallow."

Cathy Jones is also part of the cast, playing the role of a social worker named Gail Mansbridge.

"My mom is a social worker. (The character) is not my mom, but there's obviously pieces of my mom in there," said Mac-Lennan. "Everything in our show, from the characters to the businesses, has drips of real life."

MacLennan added that creating a web series is a good route to go given the current climate of film in Nova Scotia. Dunsworth said he likes the freedom to be part of the creative team.

"When I'm doing shows like Haven, to change one word in the script they gotta get permission from L.A.," he said. "But doing shows like this, I can say, 'Hey, what do you think of this?""

The cast and crew are shooting a teaser for the series in hopes of being accepted into the Independent Production Fund, which will mean receiving money towards the project.

"We need to find a way to do it on our own, let people see it, and then let people jump on board," said MacLennan.

Halifax Hospice aims to open 'homelike' space by 2017



Haley Ryan Metro Halifax

The province's first hospice hopes to open its doors by the end of next year, welcoming residents to a comfortable place near the water in their last weeks of life.

Wendy Fraser, CEO of the Hospice Society of Greater Halifax, said they now have design plans for the two-story hospice that will have 10 beds, and plan to kick off a capital campaign to fundraise their \$6-million goal

"Many people end up dying in acute-care beds in hospital. It's difficult for the family, hard

to even get people in a room to spend time with a loved one," Fraser said Friday.

"Hospice is really meant to be a homelike environment."

Two vacant buildings at 618 and 620 Francklyn St. on the Atlantic School of Theology campus will be joined to create the space, Fraser said, with the build starting and hopefully finishing

The historic façade will be kept the same while modernizing the interior "with a focus on being beautiful."

Every room will be fitted with a pullout couch for visitors, kitchenette, and walkout balconies for residents to enjoy the outdoors whenever they like, Fraser said, with views overlooking the



A rendering of the planned Halifax hospice, CONTRIBUTED

Northwest Arm and large trees.

"We don't want people to feel like they've walked into an institution," she said.

The province's Department of Health and Nova Scotia Health Authority have been creating a

framework around hospice care for the past year, Fraser said, which delayed original plans finalized before the Liberal government merged the health authorities into one.

But a finalized framework is

The hospice will free up hospital beds for those patients who are likely to recover from an illness, and at about \$475 per day the society's website said hospice care is costeffective since it can cost \$1,200 per day to die in

'good news," Fraser said, and while the details are still being sorted out she said the province is supporting about 50 per cent of costs while the society collects the rest through their campaign.

The hospice is free for resi-

dents who can have any family or friends stay the night or drop in. People usually transfer into hospice care within their last three weeks of life, Fraser said, when they're no longer requiring treatment - but a team of health professionals is always available and doctors do regularly visit.

In Atlantic Canada only New Brunswick has hospice care while Prince Edward Island has a mixed unit with palliative care, Fraser said, and she would like to see the Halifax site be the first of many.

"I do believe this is probably the beginning of increased development over the next few years. I hope so," Fraser said.

WITH FILES FROM YVETTE D'ENTREMONT

HALIFAX HEROES Ordinary people doing extraordinary things!

The community connector

NETWORKING

Rana Zaman makes it her job to help people adapt



Ask Rana Zaman about her community involvement and she begins by naming all the people who have helped her.

"My reputation in the communities is that if anyone needs anything, Rana will help. That is the impression the communities have," Zaman insisted. "But it's not a one-person project. It is about communities. I have built up a rapport with all these different communities."

Zaman moved back to Nova Scotia with her husband and children in 2000. Finding little in the way of cultural diversity, she began volunteering and arranging community events to help give her children a sense of their Pakistani cultural identity.

It didn't take long before her abilities as an event planner



Every Monday, we will profile an unsung volunteer hero in our community as part of Halifax Heroes.

To nominate someone, email Metro Halifax's managing editor at philip. croucher@metronews.ca, or tweet @metrohalifax using the hashtag #HalifaxHeroes.

and communicator were put to use. She volunteered with the Islamic Association of Nova Scotia through the Dartmouth Mosque, then she also began helping the region's Indian community.

"They (the Indian community) actually, one year, had me go on television and be their spokeswoman, and a lot of people were wondering, 'How do you have a Pakistani woman promoting an Indian social event?," Zaman laughed.

"But that shows my diversity and how accepted I am with people. They don't see me as that. They see me as a human being who can help."

Last October, Zaman helped found the United for One Association, a Muslim group created to help refugees of all religions and races.

The group organized a Nov. 27 Syrian refugee awareness fundraiser at Dalhousie University that raised \$200,000 to sponsor Syrian families in Nova Scotia.

"It came about because we noticed the churches were the first ones to start sponsoring families and they had families coming in, but they had some needs," she said.

"We reached out to the churches and said, 'We realize you are doing this great work and we want to help you."

Zaman's work with United for One led her to join the board of directors for the Immigrant/Migrant Women's Association of Halifax.

Because refugee women often go through sensitive trauma very specific to women. she said, she wanted to learn



Rana Zaman's influence with Nova Scotia support groups is wide and deep. JEFF HARPER/METRO

more about how to help them.

"It's an all-women's group helping all women and we put on different programs like artwork, painting, gentle programs that will help them with problems they may be going through," she explained.

"It helps them to integrate into the community, reach out to make friends and help them deal with the trauma and sensitive issues they may have gone through."

Zaman is also a member of welcoming committee for the Immigrant Services Association of Nova Scotia and serves as president of the recently formed Caring Human Association operating out of Halifax's Ummah Mosque. That group's mandate is feeding the homeless freshly cooked homemade meals.

Her most recent endeavour is the newly formed Pakistani Canadian Association of Nova Scotia. That group just held its first meeting last week.

"We formed to help give a voice to the Pakistani community and for them to share their culture with the rest of the community," Raman explained. "Having all my contacts, I'm thinking about maybe doing some events with other cultures to bring them together."

Zaman said she donates her time because she's committed to helping create peace and unity in her community.

'From the heart'

Rana Zaman's brother, Tye Ali, nominated her for Halifax Heroes: Ali was keen to highlight in particular Zaman's work with Syrian refugees over the last three months:.

Tye Ali: "(She dedicates) her time and efforts above and beyond to get these families shelter, clothing and taking them to all the different mosques in Halifax for free potluck

"(Recently) with the help of McDonald's on Kempt Road and Peter MacIsaac over 100 Syrians with their families (were given) free food gift and gift cards and my sister was at the top of the chain helping to organize transportation, as well as (act as) a mediator even though she does not speak their language.

"This is only one of the small events that she has done for them. Although she asks for nothing in return she gives everything from the heart, with the smiles upon their face as her reward. She truly is an inspiration to myself as well as anyone that knows

Meeting people is my passion.

It's not a one-person project.

It's about communities.

Rana Zaman on her many involvements

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Poets gain an opportunity to express their creativity

POETS FOR PROGRESS

Non-profit group holds events, while raising funds



Rebecca Dingwell For Metro | Halifax

Maria Nemis recalls the first time she performed her poetry in front of an audience.

"I didn't know what to expect," said Nemis. "The opportunity to get up in front of everyone and speak, and have a crowd of people that made me feel included and understood ... was very significant for me."

That was back in December.

Nemis is a recent member of a local group called Poets for Progress. A branch of the Communities in Progress Association (CIPA), Poets for Progress is a non-profit that uses their poetry slam events to raise money for other small organizations.

"When the other ongoing events that were going on for spoken word ended, we kind of just decided to start up our own thing," said CIPA director Paige Farah. "It really just started to



The next Poetry for Progress event will take place in March.



Poets for Progress members, from left: Des Adams, Paige Farah, Matt Burt, Martha Mutale and Maria Nemis. REBECCA DINGWELL/METRO

take off from there."

Poets for Progress holds monthly slams at Alteregos Café in Halifax's north end. Half the proceeds from the slams (admission is by donation) go to CIPA, while the other half goes to a group of the slam winner's choosing. The goal is not only to support local organizations, but also to provide a network for artists who might not otherwise get to connect.

"Anyone who has an idea can jump on board," said Farah. "It's We started off super-small and we know that even \$30 goes a long way. CIPA director Paige Farah

just nice to see people who want to try something new."

Farah added that there isn't much happening in the north end to encourage youth to get involved in the performing arts.

"Often times, arts get sort of a bad name for itself in that it isn't employable (and) it's not going to earn you any money." She pointed to former Halifax poet laureate El Jones as an example of someone who uses poetry to give a platform to important causes.

Des Adams, who won the most recent poetry slam, is donating his winnings to a group focused on programs for LGBTQ+ youth of colour. "I thought that would be a really cool thing to give back to. I didn't have that when I came out," he said. "I don't like this othering thing, but a lot of queer spaces are very whitewashed."

Farah acknowledged that not everyone has the resources or status to apply for large grants, so the poetry slams are a great way to provide groups with some money.

"We started off super small and we know that even \$30 goes a long way."

VISITORS

Yarmouth fights for info spot

In an area known for putting out the welcome mat, the three municipal units in Yarmouth County don't want the provincial visitor information centre pulled out from under their feet.

The province hasn't said it is closing its tourist centres, but it hasn't said it is keeping them open, either.

"While we understand that the face of visitor servicing is changing, and we are all very aware of the fiscal difficulties we are facing as a province and the subsequent need to do things differently, we do not believe the closure of the VICs is the proper way to go at this time," said Yarmouth Mayor Pam Mood.

She said visitor numbers at the centre in Yarmouth have gone up and the majority of those counselled at the Yarmouth centre are 50 or older. Mood suggests this demographic is less likely to Google their entire trip to Nova Scotia.

"They need the face-to-face service provided," she said.

If VICs have to be taken over by local tourism associations (there is a YASTA presence already in the centre) and/or municipal units, visitors would still be seeking information about the entire province, said Mood.

Local municipal units can't be expected to cover the cost of selling the entire province to visitors, she added.

"That is the job of the province and our hope is that they continue to do so." TO MEDIA





The house was destroyed in the fire. TO MEDIA

CAPE BRETON FIRE

Dog saves its family

Thanks to their dog. a family escaped unharmed from their burning home Sunday morning.

According to the Cape Breton Regional Police, the fire at 853 Alder Point Rd. was reported at 3:41 a.m. Sunday.

Florence Volunteer Fire Department members arrived to find the home "fully engulfed." Fire officials were told the family had been awakened by their dog barking and that all of the family members made it out safely.

The home was destroyed and a vehicle parked in the driveway was damaged.

The cause has not yet been determined. The police and the fire marshal's office are investigating. TO MEDIA

CRIME

Police seek two after assault and robbery

Halifax Regional Police say officers responded to a report of a robbery in the 900 block of Bedford Highway at around 11:15 p.m. Friday.

A 26-year-old man said he had been waiting for a bus when two men he didn't know punched him and sprayed him with a sensory irritant, then stole his backpack, cellphone and wallet.

The suspects fled up Hammonds Plains road from the Bedford Highway. A police dog searched the area but the suspects were not found. Police say the man was treated for non-life-threatening injuries at the scene. METRO

An open letter from Premier Stephen McNeil

I would like to apologize to Nova Scotia seniors and their families for any confusion or concerns in recent weeks about Nova Scotia's Seniors' Pharmacare program.

Our goal in considering changes was to bring fairness to the program — we wanted to charge a premium based on a person's ability to pay so that more lower income seniors would be exempt from paying a premium or have their premium reduced.

Many of you expressed concerns when you heard about the changes. You told us these changes could have negative impacts.

I have heard you and I understand.

As a result, premiums will not increase on April 1.

But we will keep our commitment to low income seniors.

We will still increase the number of seniors who pay nothing to be part of the program. This means that 12,000 more people will not pay to be part of the program.

Every Nova Scotian who belongs to the program will pay the same premium or less than in previous years.

In the coming months, we will consult with seniors across the province to hear suggestions about the best way to run the seniors pharmacare program in the future.

Our goal has always been to have a fair pharmacare program — we want to work with you to achieve that goal.

Should you have any questions about your premium, please visit novascotia.ca/seniorspharmacare or call Medavie at 1-800-544-6191.

Thank you for sharing your thoughts and concerns with us.

tell Makin

Sincerely,

Premier Stephen McNeil



'Obviously, it is not good news'

MANUFACTURING

Steel plant to close after \$56-million investment

A steel manufacturing facility in northeastern Nova Scotia that received \$56.3 million in provincial money is shutting down, ending an ambitious plan to create hundreds of jobs in the wind energy sector.

Business Minister Mark Furey said Friday that the board of directors for DSME Trenton, known as DSTN, had informed government the company is ceasing operations permanently.

"They've been challenged in the past number of months to secure either an additional investor or contracts to sustain the facility going forward," he said in an interview.

"We know there's about a \$400,000 monthly expenditure to keep that facility in its maintenance mode and the company realized it was unreasonable to continue in the manner it has."



Business minister Mark Furey said that after more than five years in business, DSTN did not make money on any contracts or achieve job targets. JEFF HARPER/METRO

Furey said that after more than five years in business, DSTN did not make money on any contracts or achieve job targets.

He said DSTN has indicated it has several million dollars in cash, equipment and property, which could "minimize the potential cost to taxpayers for

any environmental cleanup or receivership fees."

Furey said that with the province as the primary secured creditor, it will file for receiver-

Any economic hit to our area is very concerning and we will try as hard as we can to bring new a new entity into that facility.

Mayor Glen MacKinnon

ship to try to recover as much of its investment as possible. He said he doubts the \$36 million in repayable loans will be dispersed, but the province needs to determine the value of the property and its equipment through the receivership process.

Trenton Mayor Glen MacKinnon said the closure of the plant that dates back to the late 1800s is a big blow to the community of about 2,600 people.

"Obviously, it is not good news for the town," he said.

"It means less jobs in Pictou County. Any economic hit to our area is very concerning and we will try as hard as we can to bring a new entity into that facility."

Furey said there has been ongoing efforts, with the help of Ernst and Young, to secure contracts or investors.

"They spoke with over 100 companies and none of those discussions materialized, so I think that in itself is telling," Furey said.

The decision to close comes less than a month after the province said it wouldn't put any more public money into the manufacturing plant that had hoped to develop the capacity to produce 250 wind turbine towers and 200 blade sets per year.

At the time, the company said it was trying to secure orders in heavy steel fabrication in the wind, oil and gas and rail sectors.

The previous NDP government announced in 2010 it had taken a 49 per cent equity stake in the firm, committed \$60 million to the manufacturing plant and predicted 500 jobs would be created within three years. THE CANADIAN PRESS

BORDER SERVICES

Officers find nearly 5 kilos of suspected heroin at airport

The Canada Border Services Agency says nearly five kilograms of suspected heroin has been seized at Halifax Stanfield International Airport.

The agency says CBSA officers discovered inconsistencies

in a traveller's suitcase during a routine secondary examination on Sunday.

The officers dismantled the suitcase and found a large package hidden in the suitcase liner.

The agency says tests identi-

fied a substance in the package as suspected heroin.

The man was arrested and charged under the Controlled Drugs and Substances Act and the drugs were handed over to the RCMP. THE CANADIAN PRESS

Chase the Ace jackpot growing to \$650K, woman wins \$106K

Beaming from ear to ear, it wasn't hard to tell who won this week's Chase The Ace draw at Branch 13 in Sydney.

Alisa Syms of New Waterford was this week's winner and she could not have been happier.

"I can't believe it, I can't stop shaking," she said, just seconds after her ticket was confirmed. "My knees are weak. I bought my ticket at Mayflower Mall with my sister. It's my first time at this.

Although she didn't choose the Ace of Spades for a jackpot of \$565,803, Syms still went home a winner with \$106,088.

That means next week's jackpot will be at least \$650,000. Next week's winning ticket holder will have to chose between the remaining 11 cards, improving their chances of going home with a jackpot.

Ticket sales were \$353,627

this week in the weekly event that's taken the CBRM by storm.

Even before tickets were being sold at the Mayflower Mall this Saturday for Chase The Ace, people were lining up for their chance to win.

Ticket sales began at 2 p.m., but for at least an hour before, close to 300 people lined up for their chance to buy tickets on a jackpot of about \$525,000.

Dan Devereaux, drove down from Grand Etang, just outside of Cheticamp, for errands and to take part in the excitement of winning a lot of money.

"Well, the chance of winning some of it anyway," laughed Devereaux, as he waited patiently in line for the ticket sales to begin. "It's the first time I come to try this one."

Nicole Holland drove in from Albert Bridge and seemed confident that some winning tickets **TICKETS**

For information on tickets, or to live stream the weekly draws, go to chasetheacesydney.com

were in her future.

"I'm going to win it," she laughed. "It's my second time here (and if I win), I'll enjoy my cruise ship. I'm going on a cruise with my son and their family and then I'll help out my children and grandchildren and all my friends."

Chase The Ace is a partnership of the Royal Canadian Legion, Branch 138 (Ashby) and the Horizon Achievement Centre.

The longer the draw goes on, the more money they raise for their respective projects. TC MEDIA



TRAGIC INCIDENT

Dive team recovers body of missing snowmobiler

An RCMP dive team has recovered the body of a 26-year-old man more than five days after he went through ice while snowmobiling on a

Nova Scotia lake. Police say three snowmobilers went through the ice while crossing Black River Lake on Saturday evening.

They say two people were rescued, but a man from New Ross went

The Mounties say an underwater recovery team found the body Friday shortly before 11:30 a.m. near where the snowmobile went through the ice. THE CANADIAN PRESS



Duffy trial moves to 'how'

SENATE SCANDAL

With 'what' and 'when' figured out, question is how it adds up

As a former journalist, Sen. Mike Duffy knows the components of a story - you need the who, the what, the where, the when, the why and the how.

In the 61 days an Ottawa courtroom heard evidence on the 31 charges of fraud, breachof-trust and bribery the senator is facing, the Crown and the defence argued the first five points.

But with the start of closing arguments on Monday, both sides will now get to the final element so necessary to their respective sides of the case, says Peter Sankoff, a law professor at the University of Alberta.

"It's about the how - how does all this stuff add up to guilt or innocence," he said.

Duffy, 69, has pleaded not guilty to all charges.

The closing submissions cap off a trial that began in April and was initially supposed to



Suspended senator Mike Duffy is facing 31 charges of fraud, breach-of-trust and bribery related to inappropriate expenses. JUSTIN TANG/THE CANADIAN PRESS FILE

last just eight weeks. But it's a story that starts back in 2008, when the popular broadcaster was appointed by former prime minister Stephen Harper as a Conservative senator for P.E.I.

Four years later, questions about whether Duffy could justifiably claim to be a resident of that province began to surface, and from those, more questions emerged about his expenses and living claims.

He'd eventually publicly admit to confusion with the rules and pay \$90,000 back into the public purse - money it would later emerge was not

his, but came from Harper's former chief of staff, Nigel Wright. More questions would emerge, this time about the partisan work Duffy was doing and whether taxpayers should have been footing the bill for that, too, as he was billing the Senate for some of those trips.



What the judge says could have some impact on how the government does business.

Peter Sankoff

The whos and wheres and whens and whats of his expenses were the meat of the weeks of testimony that dragged on far longer than anyone expected, including through the early part of the fall election campaign.

There's no question the changing of the political guard in Ottawa took some of the air out of the proceedings, Sankoff noted. But neither side has any room left for it anyway.

"What they were dealing with for long periods, who knew what at what time, who was dealing with the decision, I don't think any of that matters anymore," he said. "I think they are really going to focus to the extent that they will on trying to explain why he should or shouldn't be convicted." THE CANADIAN PRESS

Would-be bargainers for RCMP cite claims

A group vying to become the Mounties' first bargaining unit is using new allegations of sexual harassment and bullying to try to make its case for a group to represent rank-and-file officers.

A representative for the Mounted Police Professional Association said higher-ups turn a blind eye to allegations of harassment and assault in the workplace. Rob Creasser points to a CBC report last week detailing allegations of unwanted sexual touching, bullying and rampant nudity at the explosives training unit of the Canadian Police College in Ottawa.

Creasser said the allegations show officers need an association to encourage transparency and accountability. He said, as it stands, managers choose people they want to bring into their ranks and protect them.

"If something comes up that is a little hinky with one of your 'chosen,' you do everything in your power to make that go away," the now-retired Mountie said. THE CANADIAN PRESS

Tiny northern town to run on solar power — in the summer

While the rest of Canada talks and talks about reducing reliance on fossil fuels, one tiny northern town is leading the way in actually doing it.

Colville Lake, high in a corner of the Northwest Territories, has successfully tested a system of batteries and solar panels that should allow the community to run entirely on the sun's energy — at least in the summer.

"There is really no other community that I know of that is structured this way," said Myra Berrub, manager of energy services for the Northwest Territories Power Corp.

Colville Lake, a Dene community of about 150, needed to replace its aging diesel generator. The corporation installed a new one but supplemented it with batteries and an array of solar panels capable of generating 136 kilowatts.

When it's dark, Colville Lake runs off diesel. The batteries save fuel by absorbing and storing any power in excess of demand, so the generator always runs at maximum efficiency.

The community now sees about eight hours of low-angle sunlight a day. By late May, sunlight is virtually 24-hour.

"The sun is just starting to



Workers adjust a panel on a solar array installed in the tiny, remote community of Colville Lake, N.W.T. THE CANADIAN PRESS

come back," said Berrub. "We're just starting to generate solar right now. We do expect there will be periods when solar is running the town."

It's a small solar station, but Berrub said Colville Lake banking so heavily on it makes it

"There are other communities that have large solar arrays, but the uniqueness of this installation is that it's a remote community. It's not on a grid, so you don't have the grid to help you smooth out any bumps."

Power is a big issue across the North. Outside of Yukon's hydroelectric development, most Canadian Arctic communities depend on giant diesel generators that get their expensive, high-carbon fuel delivered over ice roads and on barges.

So far, solar power does cost more than diesel - mostly because of the expensive batteries, said Berrub. The \$7.8-million system received a \$1.3-million subsidy from the territorial government.

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A eulogy for four-legged friends

The death of a Calgary Zoo otter has sparked a conversation about the safety of animals across the country. Here, Metro remembers some of the better-known critters that have died in recent years — some naturally, others not. Yet they all have one thing in common: They were beloved by their communities. METRO



HALIFAX TUXEDO STAN

This friendly feline captivated the nation and, indeed, the world when he ran for mayor in 2012. Saddened by Halifax's feral-cat problems, Tuxedo Stan spearheaded the Tuxedo Party movement and ran for office to draw attention to the issue. While Stan did not win, in Stan's name, city council provided a \$40,000 grant to the local SPCA. While Stan won this fight, he sadly lost against cancer in 2013.



OTTAWA BIG BOY

You might think of wild boars as a scourge on farmers and fearsome to residents. But Big Boy, as this particular wild boar was known, was a domesticated pet and much beloved by his owner Donna Lampron. Big Boy was shot when he wandered onto the property of Thomas Blair, a resident in Moose Creek, just outside Ottawa. However, Blair didn't know the boar was a pet and felt he was justified in his actions.



TORONTO WHITESQUIRREL

Many headlines have been written about Toronto's white squirrels — friendly residents among the trees of the Trinity Bellwoods neighbourhood. So loved are the squirrels that they have their own Twitter account, @WhiteSquirrelTO, and inspired White Squirrel Café. So the shock of seeing a white squirrel dangling from a hydro power cord, dead from apparent electrocution, echoed across the city, breaking the hearts of many.



WINNIPEG BAIKAL

An Amur tiger, Baikal, who lived in Assiniboine Park Zoo, died after it was attacked by a younger male tiger. Baikal had wandered into an enclosure where two youngsters were being housed. The zoo said a gate connecting the two enclosures had been mistakenly left unlocked, which allowed Baikal to get in.



CALGARY LOGAN

In a tragic tale, Logan the Otter, who lived in the Calgary Zoo, drowned last week after becoming entangled in a pair of pants left in his pool. This was chalked up to "human error," but many people are lashing out at the zoo, saying it's not the first time such incidents have happened.



VANCOUVER WALLY

Wally the sea otter was found suffering on the shores of Tofino, B.C., where it was discovered that he was blind and suffering from gunshot wounds, so veterinarians amputated part of his flipper and cared for his injuries. Wally went on to win the hearts of staff and visitors at Vancouver Aquarium, who say Wally's last years were happy, but his health began to deteriorate in the spring. He died shortly after.

Satellite scare highlights symbiotic life up North



Rumour has it there's a downed satellite near Resolute Bay. The community of fewer than 250 is a place where information spreads fast. And a few weeks back, the word on the snowcovered street was the military would be up to collect pieces of a satellite that crashed.

The military presence was no surprise because the Arctic Training Centre is just a short snowmobile ride from Resolute. But squadrons running around the area looking for scrap is troubling for the hamlet's inhabitants, who rely on hunting those lands.

Philip Manik Sr., chairman of the Hunters and Trappers Association in Resolute, said hunters "not only hunt for themselves" but also share their bounty out of necessity. Groceries are flown in and expensive. A can of beans is \$9.99 in Resolute. Many residents are unemployed and cannot afford to buy at a store.

Manik was at a meeting last week at which the military's liaison officer, Lt. Navy Clayton Erickson, clarified the rumour was just that.

"It's a story," Erickson said, a narrative for soldiers engaged in a training exercise. He emphasized that living symbiotically alongside Canada's Arctic inhabitants and respecting their way of life is always the priority.



Phillip Manik Sr. BRAEDEN JONES/METRO

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AVIATION

Drone possibilities endless

A smile breaks out across Wyatt Travis's face as the machine tilts slightly and whirrs upward, a continuous buzz echoing from the four dizzying propellers.

It's Travis's first time flying a drone and he couldn't be happier.

"It was incredible," he says after landing the 1.28-kilogram machine. "It was a lot easier than I thought. And a lot of fun."

Once considered the stuff of sci-fi movies, pilot-less flying machines are booming both recreationally and commercially as tech enthusiasts and industries explore their capabilities.

"You have to have your head on a swivel these days because it's advancing so fast and the technology is changing so quickly," says Declan Sweeney, co-founder of Metro Vancouver's first-ever Drone Fair, held in Burnaby this weekend.



A drone is used to document a roof raising during the renovations at BMO Field. MICHELLE SIU/THE CANADIAN PRESS

Sweeney has been working with drones for nearly 15 years and says when he started, most people flying unmanned aerial vehicles wore military uniforms.

Today there are many outfits flying drones, from hard hats on construction sites to headsets on the back lots of Hollywood blockbusters.

Amazon has plans to use the flying machines to deliver packages, and companies across Canada are already using drones to survey land, monitor wildlife, help search-and-rescue operations and more.

Schools are also beginning to educate people about the machines. The British Columbia Institute of Technology (BCIT) will launch a course this April.

The school already has a fleet of drones, which is used by almost every department, says Chris Cambon, project lead for unmanned aircraft systems at BCIT.

"Construction uses them, natural resources, geomatics. Everybody but health sciences, and we could probably find an application for them, too," Cambon says. THE CANADIAN PRESS

Leave EU: London mayor

POLITICS

Boris Johnson challenges PM, wants U.K. to abandon bloc

A new battle for Britain erupted Sunday, with London Mayor Boris Johnson saying he would join the campaign to encourage Britain to leave the European Union. The move posed a direct challenge to Prime Minister David Cameron, who has launched a major push to keep his country within the 28-nation bloc.

The popular, raffish Johnson immediately becomes the most prominent Conservative Party politician to break ranks with fellow Conservative Cameron's vision of the best course for Britain in a June 23 referendum on EU membership.

The referendum has divided Cameron's Conservative Party while most in his cabinet back his wish to stay, several cabinet members oppose his stance and are campaigning for the country to break free of EU bureaucracy a so-called "Brexit."



IN BRIEF

Gunman opens fire on random people in Michigan

A gunman opened fire outside an apartment complex, a car dealership and a restaurant Saturday in Michigan, killing at least six people at random, police say. They identified the shooter as Jason Dalton, 45, an Uber driver.

Kalamazoo County Undersheriff Paul Matyas described a terrifying series of attacks that began about 6 p.m. Saturday outside an apartment complex on the edge of Kalamazoo County, where a woman was shot multiple times. She was expected to survive. THE ASSOCIATED PRESS

Phoney health workers break into homes in Brazil

Brazilian authorities in the southern city of Joinville are warning residents to guard against fraudsters after three thieves posing as health workers working to wipe out the Zika virus entered a home and ran off with cash and electronics.

There have been 220,000 soldiers mobilized to join 300,000 health workers in house-to-house searches to eliminate possible breeding sites for the Aedes aegypti mosquito that transmits the Zika virus. THE ASSOCIATED PRESS



London Mayor Boris Johnson says he would support a vote for Britain to leave the EU in a referendum in June, dealing a blow to Prime Minister David Cameron. NIKLAS HALLE:N/AFP/GETTY IMAGES

The decision of Johnson, a two-term mayor who has been touted as a possible future prime minister, deals a blow to Cameron's hopes of a united front ahead of what is expected to be a hard-fought referendum.

"The last thing I wanted was to go against David Cameron or the government, but after a great deal of heartache I don't think there is anything else I can do," Johnson told reporters outside his London home.

So far, no country has ever left the EU, and several European countries outside the bloc are still working to reform their economies and governance systems so they can join.

Cameron made a firm commitment three years ago to give

voters a simple "in or out" referendum if he was re-elected in 2015. He was acting to quell divisions within his own party, which has long had a strong vein of anti-Europe sentiment.

Johnson's decision was not a complete surprise because the 51-year-old former journalist has for several decades criticized the growing EU bureaucracy, first in

The last thing I wanted was to go against David Cameron.

Mayor Boris Johnson

his newspaper and magazine columns and later from Parliament and city hall.

Striking likely campaign themes, Johnson criticized EU courts for taking too active a role in British affairs and said the entire European project was in danger of spinning out of "proper democratic control."

The mayor was immediately praised by one of the leaders of the "leave" campaign who have been searching for a charismatic figure with mainstream appeal.

The prime minister also cautioned that it if Britain pulls out, it would take years to negotiate such a deal, since it also needs to make sure that British companies still have access to European markets.

Cameron plans to go to Parliament on Monday to formally set in motion the June 23 referendum. THE ASSOCIATED PRESS

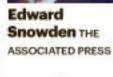
UNITED STATES

Snowden willing to face justice

Speaking via Skype from Russia, Edward Snowden told an audience of supporters in New Hampshire on Saturday that

he is willing to be extradited to the United States if the federal government would guarantee he would get a fair trial.

The former National Secur- Edward ity Agency con- Snowden THE tractor in 2013 ASSOCIATED PRESS leaked details



of a secret government eavesdropping program and left the country. He faces U.S. charges that could land him in prison for up to 30 years.

Snowden has offered to return home and discuss a plea deal and even go to jail.

His revelations about the NSA, Britain's GCHQ and other intelligence agencies set off an international debate about spies' powers to monitor personal communications. THE ASSOCIATED PRESS

Refugee home site of suspected arson

Onlookers celebrated as a suspected arson fire damaged a former hotel being converted into a refugee home in eastern Germany, police said Sunday, raising new concerns about violence toward migrants in a nation that registered more than a million asylum-seekers last year.

The blaze in the roof of the building in Bautzen, in the eastern state of Saxony, broke out overnight. Police said no one was injured but a group of people gathered outside, some commenting with derogatory remarks or unashamed joy" at the fire.

While most Germans have been welcoming toward refugees, a vocal minority has staged

protests in front of refugee homes, especially in the east. Germany last year saw a surge in violence against such lodgings.

Police ordered three people to leave the fire scene because they were hampering firefighters' work and then temporarily detained two of them, whom they described as intoxicated 20-year-old locals, after they ignored the order.

Investigators found traces of a fire accelerant at the scene and believe the fire was caused by arson, police said. It wasn't immediately clear whether the building can be restored.

Saxony is home to the anti-Islam and anti-immigration group PEGIDA. THE ASSOCIATED PRESS



Two people were detained after interfering with firefighters' work, police said, after fire damaged a hotel being converted into a refugee home. RICO LOEB/DPA/THE ASSOCIATED PRESS



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Deborah Magdee holds photographs of her deceased mother, 87 year-old Elizabeth at her home in Vancouver, B.C. JONATHAN HAYWARD/THE CANADIAN PRESS

Providing families the 'time to grieve'

DEATH

Workshops teach skills to perform funerals at home

It's only because Deborah Magdee happened to overhear a radio show two years ago that she left her mother's dead body at home for five days.

The radio segment introduced the Vancouverite to home funerals, where family and friends assume the role of a mortician rather than relying on a morgue. Proponents say it's a cheaper, more intimate experience that can help loved ones grieve.

At the time, Deborah cared for her mother Elizabeth - or Baba to the Ukrainian-heritage family. Deborah knew her mom, who suffered from dementia, could die soon.

The more Deborah listened to how the funeral industry handled corpses, the more she wanted to explore the possibility of a home funeral.

"How can I just let these stran-

gers come and take her away and put her in a morgue?" she recalls thinking. "I do not want anybody touching my mom like that."

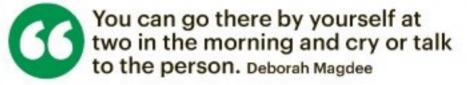
She turned to Google and found a burgeoning industry. More than 50 home funeral directors work in North America, according to the National Home Funeral Alliance, including Pashta MaryMoon, a death midwife in Victoria.

MaryMoon, who co-founded the Canadian Integrative Network for Death Education and

"I don't have any issues around being with dead bodies," she said. "It's really not that different than caring for a live person."

Deborah attended one of MaryMoon's workshops in August 2014 and then convinced her family to help plan a home funeral for Elizabeth, who died the following March at 86.

Deborah and the family lit candles and played music, leaving Elizabeth's body in her room where they could sit with her



Alternatives, said much of her work is educating people about do-it-yourself funerals.

"It's an old, ancient, forever process that we lost in the 20th century," she said.

MaryMoon helps people navi-gate the paperwork required when someone dies and teaches home-funeral workshops to go over the logistics of the service.

and reflect.

"You have time to grieve," Deborah said. "You can go there by yourself at two in the morning and cry or talk to the per-

Friends and family visited for a celebration of life, where they decorated Elizabeth's casket, covering it with photos and messages of love. THE CANADIAN PRESS

Camera boost, VR in new Samsung, LG smartphones

To revive interest in smartphones, Samsung and LG are improving their cameras and embracing the nascent world of virtual reality.

Samsung's new flagship phones — the Galaxy S7 and \$7 Edge - promise better photos under low-light conditions, in part with sensors that capture more light. The main camera on LG's upcoming G5 smartphone will have two lenses - one for standard shots, and another with a wider angle so you can capture more of what's in front of you

without having to step back.

Both companies will also release several camera-related accessories. Samsung, which unveiled a virtual-reality device for consumers last fall. will now make a 360-degree camera for everyday folks to capture and share VR images. The company will also make smartphone cases with a hole to screw in special lenses, such as wide angle and fisheye views.

LG will have its own VR headset — a lighter version of Samsung's Gear VR — as well as a smartphone attachment that functions as a camera grip with physical buttons to take shots and control video recording.

The announcements Sunday at the Mobile World Congress wireless show in Barcelona. Spain, come as worldwide smartphone growth has slowed, particularly for highend devices such as Samsung's S and LG's G series.

shipping March 11, with advance orders to begin this week. THE ASSOCIATED PRESS



The new phones will start The LG G5 smartphone is used to take a photo as the device is demonstrated in New York on Feb. 11. The main camera on the G5 will have two lenses, one for standard shots, and one with a wider angle. BEBETO MATTHEWS/THE ASSOCIATED PRESS

ALBERTA

Notley calls on feds to help boost economy amid **Bombardier deliberations**

With the federal government considering aid for aerospace giant Bombardier, Alberta Premier Rachel Notley is calling for more support in her province. Notley told CTV's Question Period Sunday that the country benefits from a strong Alberta, and she wants Ottawa to follow through with its infrastructure pledge to help boost the economy. THE CANADIAN PRESS

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Your essential daily news

Monday, February 22, 2016

THE BIG THING: ETHIOPIAN FAMINE, AGAIN

In the mid-1980s, the alarm about the devastating famine in Ethiopia was raised with the boom of bass guitars at LiveAid. This time around, we've barely heard a whimper (yet), though the current drought is much worse. The El Niño climate has made this Ethiopia's driest season in 50 years, putting 10 million people's lives at risk — equivalent to almost the entire prewar population of Syria, whose crisis has garnered far more international attention. There's overwhelming need for action, and fast, but the East African nation is in a far better position to handle the challenge now than 30 years ago, when famine and concurrent political instability killed about half a million people and left scars that can still be seen today.

1 The cost of crisis

The trauma of Ethiopia's 1980s food crisis can be plainly seen on the bodies of the young adults who were 12 to 36 months old during the height of the devastation. They're profoundly stunted: an average of 5 centimetres shorter than their older peers who did not suffer starvation in the early years of life. And those are the children who were born at all - research shows a noticeable, yearslong dip in fertility among married Ethiopian couples who lived through the famine. Sources: DEMOGRAPHY. JOURNAL OF THE EUROPEAN **ECONOMIC ASSOCIATION**

2 Pace of progress

Ethiopia is one of the fastestgrowing economies in the world. A more urban population means comparatively fewer people are relying directly on crops to survive. Food aid is being imported into neighbouring Djibouti and delivered to hard-hit areas of Ethiopia via a new, Chinese-built electric railway. Finally, technologies that didn't exist in the 1980s may help lessen the impact of this once-in-a-lifetime drought. An example is an Ethiopianmade enriched peanut paste that is cheap, tasty, keeps well and can prevent malnutrition in children, source: BBC

3 Time is ticking The Ethiopian government now has functioning "strategic grain reserves," including this depot in Adama (pictured). However, the charity Save the Children Ethiopia says unless \$245 million is pledged by foreign donors before the end of February, the country will suffer a "break in the food aid pipeline." COLIN COSIER/AFP/GETTY IMAGES

N.S. power's 'standard' just isn't good enough

Stephen Kimber



I woke up one recent morning and flipped on the radio. "Nova Scotia Power is reporting its first outage of the morning," the newscaster began. It was not a storm day. Or the day after. Or even the day after that. We were in the middle of a brief winter storm interregnum. Skies were clear.

Another day, another news report. On Feb. 3, the Digby Courier reported 5,800 customers in Clare and Weymouth were without power - "just like yesterday." The cause of the first outage: "damage to overhead equipment." The cause of the second: "equipment failure." Unrelated to the first, according to a Nova Scotia Power spokesperson.

What is going on?

In July 2014, tens of thousands of Nova Scotia Power customers lost power for a week, thanks to post-tropical storm Arthur (note Art wasn't even a hurricane by the time it hit us).

Public outrage led to public apology, led to official report, led to ... well, nowhere.

The report said the company needed better forecasting services so it would know what was about to happen before it did (good plan), an updated website (ditto) and an actual communications plan (ya think?) to communicate to customers so they would know when to expect their lights to come back on.

But the consultants the company hired said the utility's response was "within industry norms."

Really?

It is well past time the Stephen McNeil government and/or the Nova Scotia Utility and Review Board ordered a comprehensive, independent audit of Nova Scotia Power's performance going back to before it was turned back over the private sector.

Has Nova Scotia Power's role as cash cow for parent Emera led to reductions in maintenance and emergency personnel, and/or a failure to update and maintain the power grid?

We need to ask questions and demand answers — or we'll keep hearing yet story after story about today's "first" outage.

1992

The year Nova Scotia Power, then a debtburdened Crown corporation, was privatized.

It is well past time the Stephen McNeil government or the Nova Scotia **Utility and Review** board ordered a comprehensive and independent audit of Nova Scotia Power's performance.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax matters runs every Monday.

ROSEMARY WESTWOOD

metroview

The question at the end of Lent should not be 'Did I win?'

It's been almost two weeks. Fourteen of 40 days of Lent. And I'm not sure I've changed. Yet.

I'm not drinking - a classic Catholic answer to the call to fast or do good deeds between Ash Wednesday and Easter, in order to prepare our hearts for Jesus' resurrection. But, this year, going alcohol-free feels more like a money-saving endurance test than a true Lenten effort.

Like many, I'd been seeing Lent as a kind of extreme sport: How long can I go without X? According to Google, Catholics are giving up meat in Ohio, sex in California, fried food in Kentucky, and Facebook in Oregon.

Each year, I've given up booze and figured I was being observant.

was not.

In church on Ash Wednesday, the priest told us that he understands the desire to swear things off wholesale: He did it himself when he was child (no candy). But Lent isn't a test, he said; it's an opportunity. It's not about feats of abstinence - it's about feats of growth.

The question, at the end of it all, shouldn't be: Did I pass? Or did I win?

"The questions is, 'Have I changed?" the priest said. It is odd, or perhaps fit-

ting, that Lent comes soon after the new year, a month

and a half after most of us have taken stock of our lives and ourselves. Anyone religious should be pretty well situated, after all that introspective angst, to pinpoint the holes in their faith.

So, as a Catholic who rarely prays, I've decided to do it daily. I'm trying to say prayers that are hopeful, joyful, expansive (instead of the ones about how I'm sinning all the time). I'm focusing on relationships I find difficult. I'm trying to choose, in little ways, to help other people.

So far, I'd give myself a solid C+.

Which isn't so bad. Being more loving, more giving - that is never going to be easy. It takes a lot more energy and honesty then forfeiting a beer.

Ultimately, faith is supposed to bring happiness, joy, contentment. Richard Rohr, the Franciscan friar, wrote "Lent is just magnified and intensified life." Which makes this practice, this effort for change, one that anyone could, theoretically, adopt.

Not that I'm telling you what to do. And not that I'm judging other Catholics. (That wouldn't be very Christian.) And while I'm OK with my current C+, I'm a type-A competitive. And though I've set goals I can't definitively win or lose, I couldn't be more desperate for change. Even a tiny, little bit.



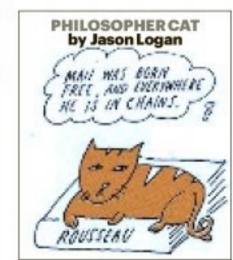
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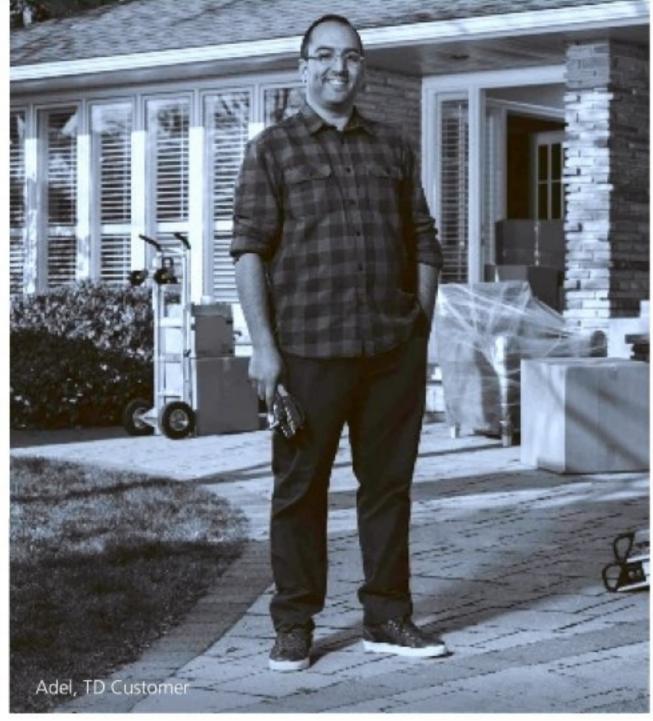
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How much money do I need?

Be calculating with your retirement savings

Michelle Williams

A generation ago, planning for your retirement meant saving whatever money you could. Then, when you turned 65, you'd live on your savings. There was very little accounting for lifestyle and what your dream for retirement might look like.

"We've heard many different rules of thumb about what the right number is for a successful retirement," says Jake Lockhart, a certified financial planner with Investment Planning Counsel and Lakeside Financial Planning in Kelowna, B.C. "A million dollars is a popular one. Another number you hear bandied around is 70 per cent of your pre-retirement income. Fact is, there's no magic number that suits everyone."

Surrounded by choice

"We have so many choices today when it comes to discretionary spending in our globalized world," says Serena Cheng, director of wealth management and investment advisor with Richardson GMP in Toronto. "We also have such varied interests. Is it import-



The lifestyle you want to lead once you retire will determine how much money you will need to save. ISTOCK

ant for you to eat out? Do you love to travel? Are you a serial shopper? We've never had the choices we have today."

For this reason, both Lockhart and Cheng agree that the first step to determining what you'll need for your retirement is to identify your lifestyle pri-

"In our process, we ask cli-

ents to spend time analyzing the life they envision for themselves in retirement," says Lockhart. "Every detail is important, from things like whether you plan to downsize from your family home to whether you'll have to travel to visit your family out of the province."

"Once you determine that,"

says Cheng, "you have to figure out how much money you need to put away to allow for this lifestyle. If you're unsure, give yourself the flexibility of a bandwidth so you have a range.

"You also factor in cost of living — I use three per cent per year to be on the safe side. You don't know how long you'll live, but you have to plan out

to 95 years plus because people are living longer."

Get organized

"You have to make reasonable assumptions about the return on your assets pre- and postretirement," says Lockhart. "Before you retire, organize your affairs so you're insulated should your investments suf-

fer due to an economic downturn, which can be especially catastrophic early in your retirement. This could mean a shift in your investment strategy and possibly the assumed post-retirement rate of return."

A common strategy is to first determine your goal (e.g., to retire at 55), then see if you have the financial resources and strategy to support that.

"We start with what your dreams are for retirement and project what it will cost. Then we look at current saving strategies and assets to see if you're on track," says Lockhart. "If there's a financial shortfall, you have to consider different options: maybe it's adjusting your lifestyle today to save more for retirement, working a few years longer or changing the style of your retirement."

Crunching the numbers

If you're thinking this sounds pretty complicated, you're right. It's not enough to do a spreadsheet of your expenses for your optimum retirement lifestyle and try to assess how much that will cost. It's a mathematical quagmire that's extremely complex for most investors to wade through, even with savvy online calculators.

"I'm not going to say you can't figure it out yourself," says Cheng, "but financial planners are equipped to ask the right questions and do the calculations to thoroughly project what you'll need so you're not left short - with too little, too late."



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Your essential daily news

Glastonbury to pay tribute to David Bowie who headlined the festival in 2000



Will Annick and Yolanda's financial goals be met? Metro's finance guru Lesley-Anne Scorgie has only two months left to tackle the women's largest financial burdens and teach them to allocate resources.

Prioritizing debt repayment



metromoney

THE CHALLENGE: We've been following two young women as they get serious about making progress on their money. They have 12 weeks to crush their debt, start saving for the future and break bad spending habits. Can financial guru Lesley-Anne Scorgie turn the financial tides for these ladies?

THIS WEEK: Where do you turn when you're in a financial pinch? For so many it's friends and family first, then traditional forms of credit such as consolidation loans or credit cards. Annick has laid her financial cards on the table and must choose which loans get paid off first.

NEXT WEEK: Yolanda wants to be a homeowner, which means she must save at least \$25,000 for a down payment plus closing costs. The big question is whether she should move back home or not. Every financial decision has a financial and emotional trade-off both good and bad.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

THE SITUATION

Annick owes money to friends and family not because of overspending, but rather she borrowed for the damage deposit on her Calgary apartment and to furnish it with the basics.

Like so many young Albertans, she'd hoped for a higher salary post-graduation, but landed in a rotten economy and was earning half what the recruitment officers in her energy management program said was the going rate for new graduates.

Within three months of fulltime work, Annick confronted her finances and determined a second job would be necessary to afford the payments on her credit cards and other loans. She also started taking advantage of free city programs such as the theatre and discounts on transit for those with lower income.

Today she's putting \$1,125 per month towards her debt and is on track to eliminate her loans to friends and family by March 1. At this pace, Annick will be consumer-debt free (not including student loans) by July.

THE LESSON

In my experience, borrowing money from friends and family causes anxiety and can cost you your relationship.

Love where you live



Annick is putting over a thousand dollars a month against her debt to reach her goal of becoming consumer-debt free by July. JENNIFER FRIESEN

when you still owe her \$1,000. She'll be angry and dinner will taste awful.

Balances and interest aside, Imagine showing up at your I recommend you prioritize family first, then move on to the next highest interest debt followed by the next. For example, pay your brother first, then Visa (18 per cent), then

then your personal loan (6 per cent), and on you go.

What's important for Annick is a reward at the end of this tunnel of debt. So she's

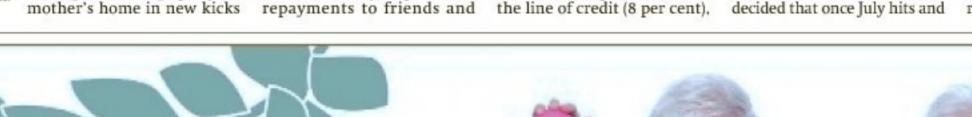
MONEY

Annick's monthly budget

The Budget: Annick uses a budget to manage her monthly cash flow. It's straightforward. She tallies up her income and subtracts her expenses to get to her bottom line. Because she's on a mission to become debt free, any extra cash Annick has should go directly toward her debts.

Expenses:	
Rent \$75	0
Groceries \$25	0
Utilities, Internet	
& cellphone \$125	5
Entertainment	
& gifts \$12!	5
Personal care \$75	
Visa \$125	5
MasterCard \$50	
Student loans \$150	0
Other loans \$80	0
Total Expenses \$2,4	150
Bottom Line \$0	

she has better cash flow, she'll save up to take an affordable trip to visit a friend in Miami later in the fall. We'll tackle the Canadian/U.S. exchange rate when the time comes.













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Before you tie the knot

PLANNING TO GET MARRIED?

12 things to do ahead of saying your I dos

Gail Vaz-Oxlade For Metro Canada



1. Talk about the money. Communication is Job One in the survival of any relationship. If you truly plan to share a life, bare your financial soul to your partner and insist your buddy tell you everything.

2. Create a budget. You need to be on the same page about where the money should be going. Then it's easy to decide what to buy and when. You simply ask, "Where does this fit in the budget?" Work together to make room, cutting a little of her golfing and his beer-with-the-boys to come up with the money.

3. Don't put one guy in charge. When one mate is excluded or totally abdicates responsibility, things can get messy. Your partner might sail your love-boat onto a reef or grow resentful at always having to do the job. You should each feel involved in the big financial decisions and understand the day-to-day details.

4. Face up to your debt. If you can't be debt free when you hook up, at the very least you should have a plan for getting there. Never sign for each other's debt. If your buddy needs help to pay off the debt, do it without putting your name on the paperwork.

5. Talk about your dreams and your goals.

Whether you want to own your own home, start a family or go into business for yourself, you need to break your goal down into manageable steps.

6. Build in some fun money. Consider allotting each partner weekly or monthly fun money that can be used for anything that body desires.

7. Plan for emergencies. Without a stash of cash at the ready to deal with whatever life throws at you, you won't have the means to cope. Have enough cash available to cover six months' worth of essential living expenses.

8. Maintain your financial independence. That idea of independence makes some people want to duck and hide behind words like love, trust, honour and team. But independence doesn't negate any of those things. It enhances them because each and every day



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you're choosing to be together. Keep your own financial ID by having your own credit history and savings.

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9. Talk to your HR department. Reassess what's available to you now that you're a family. Update your beneficiary designations for your insurance policies and retirement accounts.

10. Check your insurance. Marriage indicates "stability" and can have a positive effect on your auto insurance rates. Combine all your insurance with one carrier and you'll pay less.

11. Make new wills and powers of attorney. Your spouse doesn't have the right to speak for you unless you give him/her that right. And your old will is defunct when you tie the knot unless you made it in contemplation of the marriage.

12. Don't sweat the small stuff. Marriage is tough enough. Don't spend your relationship getting your britches in a knot over every little thing. If the small stuff adds up to big problems, it's usually because you aren't on the same page when it comes to your priorities. Get talking!

For more money advice, visit Gail's website at gailvazoxlade.com

SHORT-TERM MARRIAGE CONTRACTS

Putting wedded bliss on a new shorter — lease

In 1509, a teenage English king tied the knot with a young lady named Catherine. Things went downhill from there.

There were affairs, beheadings and a grand total of six wives for Henry VIII who — amid the chaos of his love life — started a new church,

packed on the pounds, then kicked the bucket at the age of 55.

The portly king could have avoided the whole mess with a wedding lease, perhaps.

According to some legal and economic experts, short-term marriage contracts should be another option for couples, alongside traditional lifelong marriage. Divorce rates are rising, they argue, so why not make splitting up a little easier?

"When you have this short-term marriage, you get a fresh start again," says France-based economist Stefania Marcassa, who has written about the economics of short-term marriage contracts. It's an area that has surprisingly received little interest so far, she says. But throughout history, people have tossed

around similar concepts. British philosopher
Jeremy Bentham wrote about short-term marriages in the late 1700s, and politicians in
a few regions — including Germany and
Mexico City — have proposed short-term
marriages, for two years and seven years,
respectively.

"My view is that, economically, it would make sense to have other forms of marriage contracts," says Marcassa, an assistant professor of economics at Université de Cergy-Pontoise.

"In many countries, the cost of divorce is pretty high," Marcassa continues, adding, "Why do you have to waste money, if you can just decide to write it up before you get married?"

divorced
every year,
according to
the latest Statistics Canada
data.
So how would a
"wedlease" work? Two
people commit themselves to a set time period
for their marriage, Rampell
explains. Maybe it's one year,
five years, 10 years — whatever
works. They could renew the

I n Canada,

around

70,000

people get

it goes sour, there's a clean split.
Véronique Laliberté, a notary
in Gatineau, Que., wrote about
a similar concept while doing
her master's degree in law. At
the end of a short-term marriage
contract, she says couples could
have three options.

lease at the end of the term as

many times as they want, or if

"One would be a marriage for life, like it is right now," she says. "The second one is to do a new contract for another five years. And the third option is to get divorced (based on) what you put into your contract at the beginning."

Laliberté hopes short-term contracts will one day be a real option in Canada, since so many people are scared of, or don't fully understand, the notion of a lifelong marriage.

TORSTAR NEWS SERVICE



Henry VIII and his first wife Catherine of Aragon. HANDOUT



Minimizing mess unlikely

"The thing about relationships is a lot of logic goes out the window when your heart's involved," says Irene Oudyk-Suk, a couples and sex therapist in Toronto.

"If you're with somebody for five or 10 years, you're going to run into problems that no contract is going to help you through. You're going to have to use your heart."

Raising kids: It's not all about piano lessons



Give kids a role instead of assigning chores. ALL PHOTOS ISTOCK

Kids who don't help at home are ill-prepared adults: Author

Psst. There's an untapped resource in your household and it's hidden inside your kids.

Yes, beneath that veil of feigned incompetence, and even in spite of their wide portfolios of extra-curricular activities, your kids can - and should - be doing more work around the house.

"Parents really underestimate what their children can do," says Melinda Blau, author of numerous parenting books, the latest of which is Family Whispering: The Baby Whisperer's Commonsense Strategies for Communicating and Connecting with the People you Love and Making Your Whole Family Stronger.

Even though we may well remember mowing the lawn by age 9 and making meals by 11, today's time-pressed parents tend to be more concerned with marshalling their kids through homework, lessons and activities.

But this not only creates an imbalance in the household responsibilities that fall to the grownups, it also robs our kids of the most important knowledge we can pass on.

"The one thing people don't do is tell kids how to run a household, and that's the one thing they're all going to have to do in their lives," says Blau, a Northampton, Mass.-based writer.

"It's the most important life skill. How do you do laundry? How does food get on the table? How does the floor stay clean?"

When all we ever ask of the kids is to do their homework and practise the piano, we end up making domestic duties kind of invisible to our kids and establishing a precedent that it's the parents' job to take care of everything else. It's no wonder then that so many of them leave for university with little clue how to look after themselves.



All of the jobs that are required in a household are things that kids can do to varying degrees if we let them try.

Melinda Blau, author of Family Whispering

focus away from the parentchild relationship and instead put an emphasis on the family as a whole, involving the kids in all aspects of family life. This creates an investment in the well-being of the family unit, she says.

Rather than presenting domestic responsibilities as chores, we should instead talk about roles.

The problem with chores is that we greet those with an "assignment mentality," says Blau. "It's far better that kids step into a role than parents assign chores."

"Every house needs a vacuumer, a cook, a sweeper, a pet feeder as well as a sous chef," says Blau.

She advocates discussing these roles at frequent family "check-ins" - a term she Blau suggests we shift our prefers to the more ominous

sounding "family meeting."

"You make them aware of all these things and that, since we're all part of the family, we're all going to do those

Then based on age and interest, the family decides together who will fill each role.

Let's say a child needs a reminder to take care of something that's become their duty - like feed the cat, for instance. "Instead of saying, 'Hey, you didn't do your chore," you say, 'Puffy looks hungry.' You give them the chance not to be wrong.

"All of the jobs that are required in a household are things that kids can do to varying degrees if we let them try. We wait until they're teenagers and then we're upset because they're lazy."

TORSTAR NEWS SERVICE

BY AGE WHAT CHORES YOUR KIDS COULD BE DOING TO HELP



Under 3

- Throw dirty clothes into the hamper
- Carry light bags in from the car
- Do simple cooking tasks like sprinkling or mixing pre-measured ingredients
- Clean small spills
- Pick up toys



3 to 5

- Sort dark and light wash
- Vacuum and dust furniture
- Set table and load dishwasher Spread butter on
- sandwiches Feed pets



5 to 7

- Use washer and
- dryer Fold and put away
- clothing
- Make own
- sandwich Peel vegetables
- Clean sink and bathtub



7 to 10

- Do own laundry
- Chop and slice food
- items Clean own bedroom
- thoroughly
- Wash patio Clean inside of car









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Male friendship in dire straits THE SHOW: Mad Dogs, Season 1, Episode 4 (Shomi/Amazon)

THE MOMENT: The Admission

Four friends who've lost touch have reunited in Belize, at the luxe beachside villa of their mysterious friend Milo (Billy Zane). There's Joel, the bitter one (Ben Chaplin); Lex, the one in recovery (Michael Imperioli); Gus, the seemingly responsible one (Romany Malco); and Cobi, the screw-up (Steve Zahn). But this paradise is a sh-show: Milo is mixed up with drug lords and dirty cops.

Now the four are holed up in the kitchen, facing death, while a long night passes.

"I didn't call your wife, she called me," Joel finally admits to Cobi. "I've known her longer



Cast of Mad Dogs. CONTRIBUTED

than you have. She wanted to sit down and talk."

Cobi sneers.

"Don't insult me, Joel," he

"Guys don't sit down and talk. Guys avoid all forms of discussion - unless we think

there's going to be a f- at the end of it. Then we're all ears."

Between this, Vinyl and Billions, there are a lot of shouty dudes on TV all of a sudden, pounding their chests at one another.

Mad Dogs is the most amped up: a thumping score, marauding assassins, carved-up corpses. But the mayhem turns out to be just an extreme backdrop against which to explore male friendship.

The quartet share one thing: each feels like a loser. But not until the blood hits the fan do any of them own up to that.

Mad Dogs takes the cliché about men - that they won't discuss their feelings unless you put a gun to their heads - and makes it literal.

Sorrentino's 'confidence-booster'

QMJHL

Mooseheads newcomer nets three in big win over Phoenix



Kristen Lipscombe Metro | Halifax

Anthony Sorrentino had at least three reasons to smile Sunday evening.

The just-turned 20-yearold rookie from Woodbridge, Ont., who joined the Halifax Mooseheads after the holiday season notched his first-ever QMJHL hat trick — a natural one at that — to lead his new team to a 5-1 win over the Sherbrooke Phoenix.

"Honestly, I didn't expect that," said Sorrentino who had a goal late in the first and two on power plays in the second.

"(The first one) was a big confidence booster.

"We got momentum, and a couple more went in," he said, still grinning, as his Herd teammates strolled by, chirping the game's first star a bit on their way to cool down.

"My first five games here were kind of rough. I (knew)



Obviously, it's not fun to lose games.

Mooseheads centre Anthony Sorrentino



Mooseheads centre Anthony Sorrentino corrals the puck in front of Sherbrooke Phoenix goalie Evan Fitzpatrick as defenceman Skylar Strumas gives chase on Sunday night at the Scotiabank Centre. JEFF HARPER/METRO

I needed to play better, and the last 12 (games) or so, I've been playing more with a chip on my shoulder, trying to be a leader."

Sorrentino, picked up off waivers from the Cape Breton Screaming Eagles, also assisted winger Connor Moynihan's wrap-around goal at 8:44 on a first-period power play to help crack Halifax's goose egg.

He now has 10 goals and two assists for 12 points in 18 games played with the Mooseheads.

Forward Guillame Gauthier created Sherbrooke's 1-0 lead just over five minutes in. But that's all the Phoenix, who are in 15th place overall, would put past Halifax goaltender Kevin Resop, who made 27 saves.

Halifax native Kelly Bent, 19, scored the Herd's fifth and final goal unassisted at 14:51 in the middle frame, while also adding an assist. Russian forward Ilya Putintsev received second star honours with a single helper, while rookie defenceman Walter Flower, 16, of Lunenburg, finished with two assists.

Sunday's win was refreshing for the young Herd and its 7,913 fans in the stands, 43

The Mooseheads have accumulated just 43 points in the 2015-16 regular season with a 8-34-6-1 record.

after six straight losses, including 5-2 to the Charlottetown Islanders at home Saturday night.

"We snapped a losing streak there," Sorrentino said, "and obviously it feels good."

But the Mooseheads are still in 17th — or second last — place in the league and five points behind the 16thplace Blainville-Boisbriand Armada in a battle for this season's final playoff spot.

Halifax will be in tough for points in a home-and-home series this Thursday and Saturday against the Saint John Sea Dogs.

The Mooseheads conclude their regular season March 19.

"We want to make a playoff push," said Sorrentino, who came to the Q after playing for the Pelham Pirates of the Greater Ontario Junior Hockey League last season.

"That's our goal."



Thursday: Halifax at St. John, 7 p.m. Saturday: St. John at Halifax, 7 p.m.

AUS HOCKEY

Date with X-Men up next for Huskies

The Saint Mary's Huskies are headed for AUS men's semifinals.

The Huskies defeated the Moncton Aigles Bleus 9-2 on Friday in the second game of the best-of-three quarter-final to advance to face the St. Francis Xavier X-Men, who earned a bye after finishing second in the regular season.

Brad Green and Ben Duffy both scored twice, while Francis Ménard, Kyle Pereira, Garrad Grant, Mitchell Maynard and Taylor Burke all contributed singles to the scoreboard for Saint Mary's. Alex Saulnier and Steve Lebel scored for Moncton in front of 1,200 fans at the J.-Louis-Lévesque Arena in Moncton.

Goaltender Cole Cheveldave made 23 saves for the Huskies.

In the other quarter-finals, the UPEI Panthers defeated the Acadia Axemen twice, including 4-3 in overtime Friday, to advance to semifinals against the first-place and defending champion UNB Varsity Reds.

KRISTEN LIPSCOMBE/METRO

IN BRIEF

Dal delivers curling banners The Dalhousie Tigers are tops

in curling.

Both the men and women claimed AUS banners
Sunday at the Highlander

Curling Club in St. Andrews.

The women's team, led by skip Kristin Clarke, topped the UNB Varsity Reds 9-3 while the men defeated the Saint Mary's Huskies 5-0 with skip Matthew Manuel at the helm, according to an AUS

news release.
All four AUS finalists
advance to the CIS/CCA
Curling Championships.

Tommies drop Tigers

The Dalhousie Tigers women's hockey team has hung up their skates for the

The Tigers dropped their second straight game to the St. Thomas Tommies in Friday, losing 3-1 in Game 2 of the best-of-three quarter-final series.

The Tommies will take on the second-place Moncton Aigles Bleues in the semifinals. First-place Saint Mary's takes on the St. Francis Xavier X-Women in the other semi. METRO

NBL CANADA

Hurricanes uncork victory over Storm

The Halifax Hurricanes got back to winning ways over the weekend.

The Canes defeated the visiting Island Storm 107-99 on Friday night at the Scotiabank Centre, to stay atop the Atlantic Division in the National Basketball League of Canada.

The victory came on the heels of a 98-93 loss to the Moncton Miracles on Thursday night, on home court to boot, in what was their first loss of the season to a team other than the second-place Saint John Mill Rats.

The Miracles are in third place, while the Charlottetown-based Storm are in fourth place in the regional division.

On Friday night, forward Mike Glover led the Hurricanes with 31 points and 10 rebounds, while guard Shane Gibson scored 23 points and pulled down three rebounds.

The Canes return to the Scotiabank Centre on Friday night when they host the Niagara River Lions. KRISTEN LIPSCOMBE/METRO

Hamlin squeaks home in Daytona

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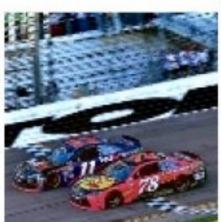
NASCAR

Closest of wins ends drought for Gibbs at famous race

With a Hail Mary move, Denny Hamlin ended Joe Gibbs' 23-year drought at the Daytona 500.

Gibbs made it clear that he had no use for the victories his drivers collected in the exhibition races leading into Sunday's season-opener. The three-time Super Bowl winning coach was focused only on the "Great American Race" and his four drivers brainstormed on the best way to get a win for Gibbs.

Hamlin, Matt Kenseth, Carl Edwards and reigning NASCAR champion Kyle Busch stuck close together for most of the race, and they got assistance from Martin



Denny Hamlin crosses the finish line just before Martin Truex Jr. JARED C. TILTON/GETTY IMAGES

Truex Jr., who became a de facto JGR teammate this year when Furniture Row Racing moved to Toyota.

Kenseth was out front and leading Truex until the final lap when Hamlin finally jumped out of line to make his attempt at the win. Starting a second line on the outside, Hamlin got a push from Kevin Harvick that allowed him



Denny Hamlin GETTY IMAGES

to catch Kenseth. Kenseth tried to throw a block but Hamlin wedged into the middle between Kenseth and Truex and Kenseth had to save his car from wrecking.

Hamlin then raced Truex sideby-side to the checkered flag for a photo finish. The margin of victory was 0.010 seconds, the closest in race history.

"It all just came together. But this wouldn't be possible if it wasn't for Toyotas sticking together all race long," Hamlin said. It was Hamlin's first Daytona 500 victory and first for Toyota. Gibbs, who in November celebrated with Busch the team's first Sprint Cup title in a decade, won the Daytona 500 for the first time since Dale Jarrett in 1993. THE ASSOCIATED PRESS



NHL MINNESOTA RUNS WILD ON BLACKHAWKS Minnesota Wild dominated the Chicago Blackhawks, routing them 6-1, at the TCF Bank Stadium at the 2016 Coors Light Stadium Series game on Sunday in Minneapolis. HANNAH FOSLIEN/GETTY IMAGES

NHL

Penguins edge Sabres

Rookie Scott Wilson sparked a two-goal second period and extended his goal streak to three games in leading the Pittsburgh Penguins to a 4-3 win over the Buffalo Sabres on Sunday afternoon.

The Penguins beat Buffalo for the eighth straight time and also got goals from Patric Hornavist, Phil Kessel and Matt Cullen, who scored on a short-handed breakaway in the third period. THE ASSOCIATED PRESS

Perfect 2-0 start for Carey and Calgary

Alberta's Chelsea Carey earned her second straight win to perfectly open the Canadian women's curling championship, claiming a 6-4 victory over Newfoundland and Labrador on Sunday.

Her Calgary team was alone a 2-0 after two draws.

Defending champion Jennifer Jones, Ontario, Saskatchewan, Prince Edward Island, Manitoba, Saskatchewan and Nova Scotia

Jones bounced back from an opening loss to beat P.E.I.'s Suzanne Birt 9-4.

Ontario's Jenn Hanna stole a point in the 10th end to edge Saskatchewan's Jolene Campbell 6-5 while Nova Scotia's Jill Brothes downed Manitoba's Kerri Einarson 9-3.

Newfoundland's Stacie Curtis dropped to 0-2 with two draws to play Sunday. THE CANADIAN PRESS

RECIPE Carrot Soup



Ceri Marsh & Laura Keogh For Metro Canada

A rich and naturally sweet soup that will make you forget there are four more weeks until spring. Hey, there's only four more weeks!

Ready in

Prep time: 10 minutes Total time: 40 minutes Serves 4

Ingredients

- · 2 Tbsp of olive oil
- 1 onion, chopped
- · 2 cloves garlic, minced
- 1/2 inch of fresh ginger, minced
- 1 tsp chili
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- 3 or 4 carrots, peeled and chopped (enough for about 3 cups)
- 3 cups low sodium vegetable or chicken stock

Juice of half a lemon (about 2 or 3 Tbsp)

Plain yogurt to garnish

Directions

- 1. Warm a glug or two of olive oil in a large pot or Dutch oven over medium heat.
- Sauté onions, garlic and ginger for about 2 minutes. Stir in spices and cook for another minute or so. Add carrots and stir well until they are coated lightly in oil and spice. Add stock and increase the heat until it boils. Reduce and allow to simmer for about 20 minutes or until carrots are quite tender.
- 3. Purée in small batches until the soup is quite smooth. You may need to add a little water or stock to thin it if it's too thick. Stir in lemon juice. Taste and check seasoning.
- Serve garnished with yogurt.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

18

25

46

55

22

43

62

21

24

ACROSS 1. Feminine pro-

noun 4. _ Doble (Ballroom dance) 8. Beatles: "_ the Universe"

14

17

20

29

33

39

42

54

61

65

30

- 14. That guy 15. Carnivorous Cretaceous creature, curtly
- Russia: Called the 'Blue Eye of Siberia', it's the world's oldest/
- deepest lake 17. Sphere
- 18. Military officer/explorer/fur trader born in Trois-Rivieres who explored beyond Lake Superior and into Western Canada, Pierre Gaultier
- de Varennes et de ___ (b.1685 - d.1749) 20. Lima's land
- 22. Athapaskanspeaking people of the Northwest
- Territories 23. Quit 24. Dancing ___
- (Delighted) 26. Born, in bridal bios
- 28. Drench 29. Ipsos Reid conducts them: 2 wds.
- 33. Watery word with 'Wave'
- 34. Hat, slang-style
- 35. Rupture 39. Particulars
- 40. 'Cent' add-on (Man/ horse creature) 41. English au-
- thor A.A. 42. Concern

43. Offshoot

44. Overact in the play Know I Love You)" by Shania Twain 49. Electrical resistance unit

52. Actress Char-

53. Left-for-too-long

lotte

58. Rapscallions 61. Like products not tested on animals: 2 wds. 64. Dig in

65. Counsel

of Italy

loaf's condition

54. White wine

66. Satiate 67. Ms. Peeples 68. Staggered 69. Leaf-to-branch

23

41

44

63

28

38

64

67

32

27

48

26

31

40

56

57

66

69

56. Climber's need attachment 70. Attempt

DOWN

- 1. Buy stuff 2. Fill a position
- 3. Do some needlework
- 4. 1980s scandal-ridden televangelism org. 5. "You Turn Me On, I'm
- " by Joni Mitchell 6. Ontario's Trent-_ Waterway 7. Farm's cart-pull-

- 8. Mr. Vigoda 9. Delete 10. Go by bike 11. Gumbo ingredients
- 12. "All right, if you _." (I guess you're
- right then) 13. Get some beauty rest
- 19. 1875: Impressionist painter of The Skiff 21. Not identified
- 25. Feels yucky
- 27. Antiquity 29. Ear-related
- 30. Pocket bread 31. Eve _ (Jan on "The
- Brady Bunch") 32. Activators of
- reactions Headed for a Vegas
- chapel reason 37. Opposing
- 38. Film critic Rex 40. Blood car-
- rier type 41. Prefix to 'morph-
- OSIS' 43. Anecdotal collection
- 46. "You better..." ultimatum en-
- der: 2 wds. 47. Vivacity
- 48. Sam _ (Famous officer of the North West
- Mounted Police) 49. "The Odd
- Couple" role
- 50. Drove of people 51. Purple hue
- 55. Screen 57. Slays, slangily
- 59. Couple 60. Remain
- 62. Mr. Danson 63. Furniture wood

*** IT'S ALL IN THE STARS** by Sally Brompton

Aries March 21 - April 20 Your nerves may be on edge a little but don't worry too much because nothing bad is likely to happen. Try not to change your everyday routine, as minor alterations could confuse you in major ways.

Taurus April 21 - May 21 You need to decide where your affections belong. According to the planets, there's no middle ground. If you can't make a reasoned decision yourself the full moon will make it for you.

II Gemini May 22 - June 21 You've been astonishingly ambitious but something will happen that makes you wonder if it's worth all the effort. No matter how disillusioned you may be you must not give up.

Cancer June 22 - July 23 Today's full moon will force you to do the opposite of what you were planning. There's no point making a big scene about it, just do what is expected of you, and do it well.

Leo July 24 - Aug. 23 You must either earn more or spend less - it's as simple as that. The full moon will point you in the right direction. You'll have cash in your pocket again soon.

Virgo Aug. 24 - Sept. 23 You will come to a new understanding with someone you have clashed with in the past. There may be some tension in your relationship but if you discuss your differences you can and you will overcome them.

Libra Sept. 24 - Oct. 23 The most important lessons don't have to be painful but they usually are. You can sense that something needs to be changed, and if you find out what it is and do what has to be done you can bypass the pain.

Scorpio Oct. 24 - Nov. 22 No one and nothing can stop you. But you can still stop yourself, simply by allowing your fears to get the better of you. Ignore the doubts the full moon is putting into your head.

✗ Sagittarius Nov. 23 - Dec. 21 The planets warn you need to accept that in one area of your life you are out of your depth and must concede defeat. But it's no big deal. You will bounce back bigger and better.

Capricorn Dec. 22 - Jan. 20 You've all the charm you need to win friends and influence people, so reach out to those you would usually be afraid to approach because you think they're too good for you. They won't be above you for long.

Aguarius Jan. 21 - Feb. 19 Take the kind of drastic action you usually prefer to avoid. You must realize that, as far as your finances are concerned, nothing can be taken for granted any more.

Pisces Feb. 20 - March 20 What occurs next will bring into the open a conflict that has been simmering for quite some time. That's good. The more you try to deny that it exists the worse it will get.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

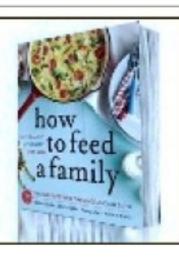
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As Seen In Metro!

Shop The Sweet Potato Chronicles Cookbook





FRIDAY'S **ANSWERS**

Your daily crossword and Sudoku answers from the play page.

for more fun and metronews.ca/games

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THE ALL-NEW 2017 ELANTRA

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Canadian residents who have reached the age of majority in their province or territory can enter the contest at www.HyundaiSuperSearch.com between February 13th, 2016 at 12:01am (ET) and April 4, 2016 at 11:59pm (PT). One entry per each Weekly Prize. One entry per Grand Prize. Four (4) Weekly Prizes of CDN\$2,500.00 each, and one (1) Grand Prize of CDN\$20,000.00. To be eligible for Grand Prize, contest participant must perform test drive of a new Hyundai vehicle at a Canadian Hyundai dealership and submit the correct answer to the final SuperSearch Clue. To be eligible for Weekly Prizes, contest participant must submit the correct answer for each respective Weekly SuperSearch Clue. Each Weekly Prize is exclusive of each other; answer submission for all Weekly Prizes is not required to be eligible to win any one (1) Weekly Prize. Chances of winning depend on the total number of eligible entries received. Eligible winners must correctly answer skill-testing question. Prize draws will be held at 16 Mary Street, Unit 4, Aurora, Ontario at approximately 2:00 PM (ET) on April 7, 2016. No purchase required. Complete rules available at www.HyundaiSuperSearch.com. **Tweether the Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp.